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KAREN C

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UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
WASHINGTON, D. C.

School Lunch Bread

2-3/4 cups hot water	3 tablespoons butter
2 cakes compressed yeast	1-1/2 cups dried skim
2 tablespoons sugar	milk (6-1/2 ounces)
4 teaspoons salt	9 cups sifted flour
2 tablespoons fat	

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Measure one-half cup of the hot water and when lukewarm (100°F.) add to the yeast. To the remaining hot water add the sugar, salt, and fats. When lukewarm add the softened yeast and the dried skim milk sifted with the flour. Mix to a dough (will be soft and sticky) and knead with the hands in the bowl. Rub a little fat over the top of the dough, and cover. Allow to rise in a warm place (80°F.) for 2-1/2 hours. Cut, and mold the dough into loaves, place in greased pans, again rub fat lightly on the tops of the loaves, and cover. Place in a warm place (90°-95°F.) and let rise until nearly double in bulk (about 45-50 minutes). Bake pound loaves for 40 minutes in a hot oven (400°-425°F.). These quantities of ingredients make 3 pounds of bread.

Adapted from a formula from Borden Research Laboratories.

THE HISTORY OF THE  
CITY OF BOSTON  
FROM 1630 TO 1880

BY J. B. HARRIS

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